

Muscle Conditioning (adaptations to exercise)

Muscles that are given proper exercise react to stimuli quickly and powerfully, and are said to possess tone.

Use it or Lose it!!

- Excessive use results in muscle **hypertrophy**, (increase in size because of an increase in size of the individual muscle cells).
- Prolonged disuse results in muscle **atrophy**, (diminish in size, and become weaker).

In certain diseases, such as various forms of paralysis, the muscles atrophy to such a degree that they are reduced to a fraction of their normal size.

Sep 26-1:43 PM

Movement Lab- Application

Outline four physiological adaptations to resistance training.

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Textbook

Describe an alternative exercises for the **chest press** and **leg extensions**. Use a diagram.

List three key instructions you would provide for a beginner using resistance training.

How does the preacher curl bar modify the bicep curl?



Due Friday

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